

Congratulations to the Healthy Community Mini-Grantees!

Funded communities will work local partner on:

- Developing a plan for 5-2-1-0 Healthy Numbers for Kentucky Families Campaign,
- Supporting Farmers' Markets to improve access to healthy foods
- Developing Pedestrian Plans to improve walkability

Training opportunities are open to all Kentucky communities.

5-2-1-0 Healthy Numbers for Kentucky Families Campaign

The 5-2-1-0 Healthy Numbers for Kentucky Families campaign is a message promoting evidence-based behaviors that prevent and reduce obesity.

- Five: Eat five or more servings of fruits and vegetables each day.
- Two: Limit screen time to no more than two hours a day.
- One: Be physically active at least one hour a day.
- Zero: Don't drink sweetened beverages.

In order to meet these recommendations we need to surround Kentuckians with opportunities for healthy eating and physical activity.

Floyd, Graves, Henderson, Marshall, McCreary, Rockcastle counties will each receive the \$1,000 mini-grant to promote the 5-2-1-0 Healthy Numbers for Kentucky Families Campaign. Grantees will work with community partners to develop a 5-2-1-0 Healthy Numbers for Kentucky Families campaign plan. The campaign's message will increase the awareness of evidence-based health behaviors and communities will reinforce the message by promoting best practices around one of the health behaviors in a community setting. Training will be provided to each community to help them learn more about their targeted audience and tailor interventions that best meet their needs.

For example: A grantee will promote 5-2-1-0 Healthy Numbers for Kentucky Families Campaign and with the focus on promotion on 5 fruits and vegetables targeting WIC participants. The message will be reinforced by promoting Double Dollars at Farmers' Markets, providing taste testing of produce that can be found at the market, recipes and bus tokens to WIC participants picking up WIC Farmers' Market Nutrition Program Vouchers. Community partners may include Local Health Department, Farmers' Market, Cooperative Extension and City Transportation.

The Partnership for a Fit Kentucky's Early Care and Education Committee promotes the 5-2-1-0 Healthy Numbers for Kentucky Families Campaign as a family engagement strategy. The message is reinforced by providing training and technical assistance to early care and education providers to implement best practices around the four behaviors. The goal is to increase healthy eating and physical activity in early care and education environments. Promoting the 5-2-1-0 behaviors helps families understand why changes are being made at the ECE program and how they can increase healthy eating and physical activity at home.

Click here to read [KY's Call to Action for Preventing Obesity in Early Care & Education](#)

Click here to find the 5-2-1-0 toolkit and resources [5-2-1-0 Healthy Numbers for Kentucky Families](#)

Farmers' Market

Farmers markets are a mechanism for purchasing foods from local farms and can supplement access to fruit and vegetables from typical retail stores. Farmers' markets that accept nutrition assistance program benefits improve access to fruit and vegetables for individuals and families with lower incomes. The key components that make farmers' markets successful include a strong organizational infrastructure, community engagement, a consistent location and incentive programs that increase the buying power on nutrition assistance programs. For example Double Dollars program allows participants on the Supplemental Nutrition Assistance Program (SNAP) who make a \$5 purchase will receive an additional \$5 token. Tokens can be used to for additional purchases at the farmers' market.

Clinton, Fayette, Floyd, Jackson, Kenton, Letcher, Owen and Warren counties will each receive a \$3,000 mini-grant. Grantees will work with local partners to improve community engagement and address at least one of the key components that make Farmers' Markets successful. Training and technical assistance will be provided to each of the funded communities.

The Partnership for a Fit Kentucky Access to Healthy Food Committee vision is to assure all Kentuckians at all times have safe, affordable, culturally acceptable and nutritious food that meets their dietary needs of an active and healthy life. The first initiative of this committee is to focus on improving access to farmers' markets in underserved areas and supporting the acceptance of nutrition assistance benefits. The committee is working on three strategies: Encouraging markets to supportive organizational infrastructure, providing training, technical assistance and networking opportunities and developing partners to assist with community engagement efforts.

Click here to read [Kentucky's Vision for Access to Healthy Foods](#)

Click here to read Community Farm Alliance's [2014 Farmers Market Support Program, Final Report](#)

Pedestrian Planning

Walkable communities increase physical activity, create safe environments and improve local economies. The first step to improving walkability in your community is to develop a pedestrian plan. A pedestrian plan is a detailed work plan that engages community members to identify priorities for creating a safe, attractive walking and biking environment for people of all ages and abilities. When your pedestrian plan is adopted by local government, it will serve as official documentation of your community's need and readiness for improvements to pedestrian facilities. Having these plans developed to a certain level of readiness provides opportunities to apply for funding to design and/or complete these projects.

Two levels of pedestrian plan funding were offered. **Clay, Harrison and Rockcastle** counties received the \$1,000 Level 1 mini-grants. This funding will help their communities learn the basics of developing a pedestrian and bicycle plan on a small scale (one to six blocks). **Clark, Clinton, Greenup, Rowan, Russell, Warren and Whitley** counties received the \$3,000 Level 2 funding that will help their community develop pedestrian and bicycle full master plans. Training and technical assistance will be provided to each of the funded communities.

The Partnership for a Fit Kentucky Access to Physical Activity Committee is encouraging all Kentucky communities to develop a pedestrian plan to help increase walkability. The committee is focused on three strategies to help local communities: developing partnerships to improve community

engagement, developing easy to use resources and providing training, technical assistance and networking opportunities. Click here to read [Kentucky's Vision for Access to Physical Activity](#)

Click here to see a list of all known pedestrian or bicycle plans from around the state:
[Kentucky's Local Walk-Bike Plans](#)

Training Opportunities

Farmers' Market Gathering

Fayette County Cooperative Extension

1140 Red Mile Pl, Lexington, KY 40504

November 19, 2015

10:00 am – 4:00 pm EST

[Register Here](#)

You asked for it! We asked previous grantees what is the most helpful way to provide information about farmers' markets. Overwhelmingly we heard the best way to learn what works is hearing from others working at farmers markets.

If you are a vendor, market manager or volunteer working with a market we want you to join us. Community Farm Alliance will lead a discussion around important aspects of farmers' markets including

This year's topics will include:

- The State of the KY Farmers' Market
- Case studies of The Double Dollars program, Farmacy program, and Summer Feeding Sites.
- Discussion of Regional Farmers' Market Association possibilities and cases for their creation
- Cooking Demonstrations
- Planning the offseason

Registration for the day will cost \$25 and will include coffee, tea and a locally sourced lunch.

We recommend that market managers, members of farmers' market boards, market stakeholders and volunteers attend this gathering.

Pedestrian Planning Trainings

Below are the links for the Level 1 and the Level 2 Pedestrian Plan trainings that we have scheduled. Training attendance is required of our funded communities, but we are opening up the trainings to anyone who would like to attend. Please forward to your contacts.

Level 1: Introduction to Pedestrian/Bicycle Planning Training

Kentucky Transportation Cabinet

200 Mero Street, Frankfort, KY, Room 109

December 01, 2015

8:30 AM-4:00 PM Eastern Time

Level 1 Registration Link [Register here](#)

Training will be provided for community stakeholders on the basics of developing a pedestrian and bicycle plan on a small scale (one to six blocks). Training will include:

- Identifying additional, potential stakeholders
- Identifying target audience
- Mapping assets
- Conducting surveys and walkability assessments
- Assembling pedestrian plan
- Engaging local officials for plan approval/adoption
- Publicly posting pedestrian plan

Level 2: Pedestrian/Bicycle Master Plan Development Training

Kentucky Transportation Cabinet

200 Mero Street, Frankfort, KY, Room 109

December 03, 2015

8:30 AM-4:00 PM Eastern Time

Level 2 Registration Link [Register here](#)

Training will be provided for community stakeholders on process to develop a full master plan for alternative modes of transportation. Training will include:

- Defining project vision and goals
- Partner engagement strategies
- Inventory mapping of community resources
- Community assets (historical landmarks, schools, parks, grocery, businesses, churches etc.)
- Current paths for alternative modes of transportation (walking, biking, equestrian etc.)
- Potential linkages within the community and to regional trails or assets
- Identifying and analyzing challenges, concerns, or opportunities
- Priority setting and consensus building